Instructional Guide & Tips on using the

AngelSounds Fetal Doppler JPD-100S

Jumper®

Compiled for customers of:

Relax 'n' Play

The Parenting Garden

Where easier parenting grows

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First of all, congratulations on your pregnancy!

This is such an exciting time for you and your family and what better way to enhance this amazing experience than by listening to your little angel's heartbeats! I want you to experience these joyful sounds as easily and quickly as possible which is why I've put together this little guide which I'm confident will assist you, especially when using the Fetal Doppler for the first time.

NOTE: *Please use this guide in addition to the User Manual supplied with the device as it contains important safety information and features of the AngelSounds Fetal Doppler.*

IMPORTANT: *Please also remember that the Fetal Doppler should not be used as a substitute for regular prenatal care by your doctor or midwife. Any concerns about your pregnancy should be discussed with your health professional.*

The best period of time to hear fetal heart rate movements are:

1. Within 30 minutes after getting up in the morning.
2. Within one hour after eating lunch.
3. 30 minutes before going to bed at night.
4. A full bladder can help improve the sounds heard, especially in the early stages of pregnancy.

PREPARATION:

1. Check the 'weekly diagram' (see over) to find the best location for you to move the transducer over according to where you are in your pregnancy cycle.
2. Attach the headphones plug into the headset socket (any one of the two).
3. Apply a small amount of gel, baby oil or lotion to your abdomen or put some on the transducer.
4. Turn the device on by switching the on/off/volume knob and set to minimum volume before touching the transducer to the body. The AngelSounds device is now ready for use.

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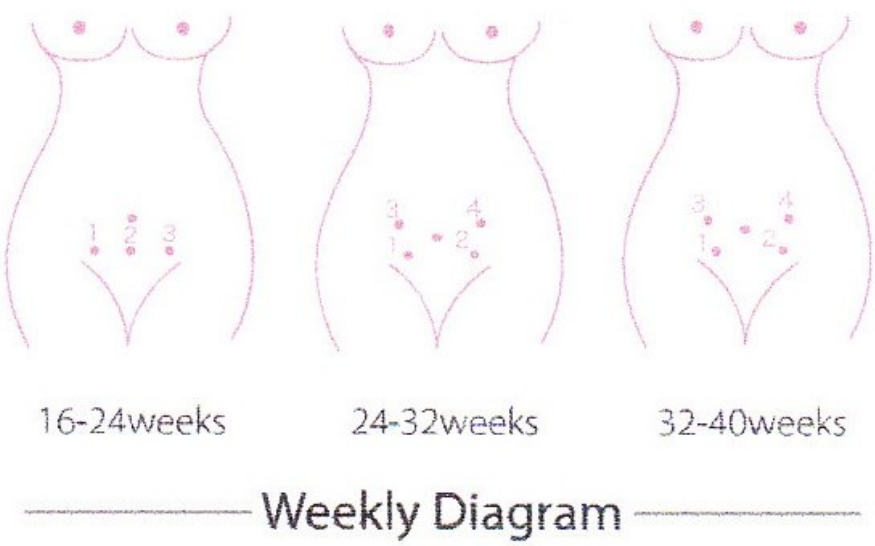

EXAMINATION:

1. Place the transducer on the lower part of the abdomen and adjust the volume.
2. Move the transducer around slowly until a good signal is obtained. This will sound like 'galloping horses'. It may take time to hear the heartbeat depending on your pregnancy cycle and the position of your baby.
3. It may be necessary for you to angle the transducer slightly to obtain the optimum signal.

RECORDING THE FETAL HEARTBEAT TO YOUR COMPUTER:

These instructions are for Windows 7 or Vista users.

1. Insert one end of the supplied audio line jack into the main unit's headset socket (any one of the two sockets), and plug the other end into the audio input (microphone input) socket of the PC.
2. Start up the sound recorder on your PC (Click 'Start' - 'Programs' - 'Accessories' - 'Sound Recorder').
3. Click 'Start Recording' to start recording. You can record 60 seconds each time. When time is up, click 'Start Recording' again to keep recording.
4. Click 'Stop Recording' to stop.
5. Click 'File' - 'Save', enter the file name and click on Save. The recorded sounds are saved as a waveform (.wav) file in your computer. The waveform files are normal audio data files and you can save them to CD's or attach them in emails to share with your family and friends!

Tip! You can move the transducer over your own chest (left side) to record your own heart beat then play it back to your baby after he or she is born. This can calm the baby!

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COMMONLY ASKED QUESTIONS:

HOW OFTEN SHOULD YOU USE YOUR FETAL DOPPLER?

There is no scientific research available to suggest that ultrasound in pregnancy is unsafe or harmful in any way. There is also no research available to show the effects of a mother using a Fetal Doppler to listen to her baby two or three times a day throughout pregnancy.

As a general rule, an examination with a Fetal Doppler should never last longer than 10 minutes. If you don't find the heartbeat in this period of time, take a break and try again in a few days time. If you're concerned in any way about your pregnancy, you should contact your doctor or midwife.

WHAT WILL MY BABY'S HEARTBEAT SOUND LIKE?

Your baby's heartbeat is much faster than yours! It can resemble the sound of a galloping horse. You will be able to distinguish your heartbeat from your baby's, as based on the heart rate, yours will be the slower one.

WHAT IF I CAN'T HEAR ANY HEARTBEATS WITH ANGELSOUNDS?

If you cannot hear your baby's heartbeats with the AngelSounds device, this may be due to different causes. The device may be the problem, as the battery may be flat or the device defective. If you can hear your own heartbeat with AngelSounds, then the device is working correctly. It could also be that your baby is in an unusual position in your tummy. Contact your doctor or midwife before you start to worry.

WHAT IS WRONG IF THE DEVICE DOESN'T WORK?

The AngelSounds Fetal Doppler is almost maintenance-free. You should however not expose the device to direct sunlight. You should check the device from time-to-time for damage or cracks in the body, especially if it has fallen down or otherwise been subject to similar forces. If it is cracked or damaged, please stop using the device.

If the body is undamaged, the battery still supplies current yet the device still doesn't work, it is probably defective. Please contact me to arrange the return of the device. The warranty runs for a period of 12 months from the purchase date and obviously does not cover misuse, improper use or attempt to repair the device yourself.

AFTER USE CARE:

1. Ensure you switch the device off after every use.
2. After use, ensure you dry the transducer thoroughly with a soft cloth. Please refer to the cleaning and disinfection procedure detailed in the User Manual.
3. We recommend disinfecting the device by using a soft cloth with mild disinfectant.

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HELPFUL TIPS

- Always start with a full bladder, especially in the early weeks (weeks 10-14). This will help to bring your uterus up out of your pelvic cavity.
- Use slow circular motions moving from side to side across your abdomen.
- Hearing the heartbeat before 12 weeks isn't always possible, and how early a fetal heartbeat can be heard will largely depend on a number of different factors. One includes the size and shape of the mother. Taller women and women who are overweight may have a more difficult time hearing the heartbeat in the early weeks. However, by weeks 12-14, the heartbeat should be detected easily in women of all shapes and sizes.
- Be patient! Early in pregnancy the size of the fetal heart is so small and the sound is so faint it can be very easy to pass over and miss the sounds.
- Try not to drag the transducer around as it will only increase static and make it more difficult to find the heartbeat.
- Don't confuse this device to an ultrasound machine. An ultrasound machine uses very powerful probes (5-10 MHz) at a much higher output level, whereas a Fetal Doppler only uses a 3 MHz probe at a much lower output level. For this reason, Fetal Dopplers are unable to detect a heartbeat before 8 weeks and usually not before 10-12 weeks.

The AngelSounds Fetal Doppler has been designed with the following in mind:

Your Peace of Mind

Being able to listen to your baby's heartbeat in the womb whenever you like can be comforting and greatly reduce anxiety during pregnancy. This can be especially true when a mother has had a difficult pregnancy before.

Your Enjoyment

It is a truly amazing experience when you hear your unborn baby's heartbeat for the first time when you use the AngelSounds Fetal Doppler! You can also hear distinctive movements and kicks as your baby grows.

Your Family Bonding

Dopplers allow you to share your baby sounds in the womb with other family members such as young siblings, partners and grandparents. You can also record your baby's heartbeat to a computer and share with distant friends and family by email, Facebook etc.

Your Convenience

You can hear your baby's heartbeat in the comfort of your own home, whenever you want!

Good luck and I wish you all the best during your pregnancy and into motherhood!

xx Tanya

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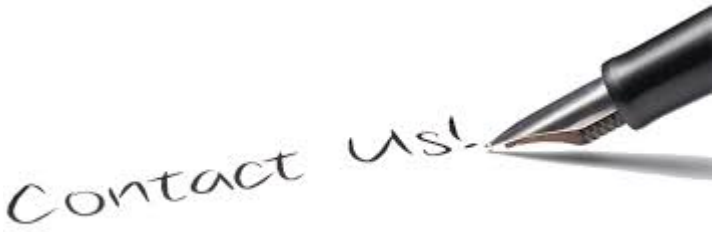

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Feedback

I would love to hear your feedback on using the AngelSounds Fetal Doppler! Your feedback will assist me in building up a review/feedback section on both the eBay Store and my online Parenting Site. If you would like to share your experience with me and many other expecting mothers, please email me on the details above. Thank you.

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